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These Machines are rather small for
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Fetters the System, and arrest the
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Diarrhoea, Biliousness,
Headache, Erysipelas,
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children, because mild as well as effectual.
Being sugar coated, they are easy to take;
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harmless.

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The Prevention of Disease.

"Prevention is better than cure and far cheaper," said John Locke, two hundred years ago; and the history of medical science has since made it more and more probable that, in a stricter sense of the word, prevention is the only possible cure. By observing the health laws of Nature, a sound constitution can be very easily preserved, but, if a violation of those laws has brought on a disease, all we can do by the way of "curing" that disease is to remove the cause; in other words, to prevent the continued operation of the predisposing circumstances.

Suppressing the symptoms in any other way means only to change the form of the disease, or to postpone its crisis. Thus, mercurial salves will cleanse the skin by driving the ulcers from the surface to the interior of the body; opiates stop a flux only by paralyzing the bowels—i. e., turning their morbid activity into a morbid inactivity; the symptoms of pneumonia can be suppressed by bleeding the patient till the exhausted system has to postpone the crisis of the disease. This process, the "breaking up of a sickness," in the language of the old school allopathists, is therefore in reality only an interrupting of it, a temporary interruption of the symptoms. We might as well try to cure the sleepiness of a weary child by pinching its eyelids, or the hunger of a whining dog by compressing his throat.

Drugs are not wholly useless. If my life depended upon a job of work that had to be finished before morning, and the inclination to fall asleep was getting irresistible, I should not hesitate to defy Nature, and keep myself awake with cup after cup of strong black coffee. If I were afflicted with a sore, spreading rapidly from my temple towards my nose, I should suppress it by the shortest process, even by deliberately producing a larger sore elsewhere, rather than let the smaller one destroy my eyesight. There are also two or three forms of disease which have (thus far) resisted all unmedical cures, and can hardly be trusted to the healing powers of Nature—the *lues venerea*, scabies, and prurigo,—because, as Claude Bernard suggests, their symptoms are probably due to the agency of microscopic parasites, which oppose to the action of the vital forces a life-energy of their own, or, as Dr. Jennings puts it, "because art has here to interfere—not for the purpose of breaking up diseased action, but for the removal of the cause of the action, the destruction of an active virus that possesses the power of self-perpetuation beyond the dislodging ability of Nature."

But with those rare exceptions it is better to direct our efforts against the cause rather than the symptoms—i. e., in about ninety-nine cases out of a hundred it is not only the safer but also the shorter way to avoid drugs, reform our habits, and, for the rest, let Nature have her course; for, properly speaking, disease itself is a reconstructive process, an explosive effort, whose interruption compels Nature to do double work; to resume her operations against the ailment after expelling a worse enemy—the drug. If a drugged patient recovers, the true explanation is that his constitution was strong enough to overcome both the disease and the drug-gist.—*Popular Science Monthly.*

The Woman Market at Tunis.

A most impressive journey is to the palace of the Bey, the Bardo. Passing through the Marine Gate we enter the quarters of the town which lie between the ancient wall and the outer ramparts; we glide past a confused multitude of huts and houses and shops (which are a joke) filled with charming rubbish kept by wax work figures; rows of sable women sitting against whitewashed walls with piles of bread; youths with savage faces; bent old men leaning on their staffs; many children with scald heads—shirred, hooded, naked, with features black and yellow in all indefinable shades, in costumes for the most part white, squatting in circles, asleep in corners, motionless as the rubbish heaps which form the background, without a smile, without one movement of muscle, oppressed, weary, petrified, filling the bright air with mystery. We ride on amid a scene peaceful, silent, sad. In these wretched little huts and those horrible hags we see the children of lust and debris of the seraglio. Year by year the negro villages of Soudan are ransacked for girls of voluptuous beauty—who are stolen or bought for a few heads or a bottle of rum—for the Mussulman market, where unmoved by pity, swollen by savage passion, the drover knows eager buyers await his arrival. Beautiful women are the money monopoly, the luxury of the fat, fair-complexioned majestic, lounging, lazy Moor. Over exceptional beauty caids, pashas, ministers and merchants wage a fierce money strife before it is determined in whose embrace it shall be used up. Thousands of both male and female children, from eight to ten years of age, are annually imported into the Moorish markets. On their way many of them die of a broken heart. They are fattened prior to sale, and are treated to music to cure home-sickness, it is said, and to give a look of contentment, for the Moor loves only the flesh. When worn with care, or sorrow, or old age (which comes at thirty), a woman is worthless. Maybe that ghastly wretch, with toothless skull now more like a shield than a woman's face, once smiled in a merchant's face or wore the pretty necklace of a pasha. With used up pipes and slippers, she has been cleared out to make room

for new ones. The Moor is a hideous not-bed of sensuality. He believes in the bottom of his heart that in his relation to woman he was created to be first a beast, then a brute. Under the curse of such character his land is a waste, his manhood a ruin. What the European owes to the now attained creed about a woman, a glimpse at the empire of the Moor may help us to conceive.—*Good Words.*

Save Your Cigar "Tips."

The "tips," or head of the cigar, which the American bites off and throws away, is carefully preserved in Europe, and in some localities is the basis of a vast organized charity. Its use for this purpose dates back only a couple of decades. A German philosopher, observing that much valuable tobacco was wasted by the rejection of the cigar tip, conceived the notion that if a general collection of the tips could be made, and the material put to use, a handsome revenue would result. He was laughed at by many, while a number of smokers half-seriously agreed to assist him by contributing their tips. At first the lack of an organized effort did not produce encouraging results, but those interested kept talking about the movement and public attention was excited. After awhile "Spizelvereine," or tip societies, were organized in all parts of Germany and a regular system of collections was devised. Every member made it his business to collect cigar tips from his friends, and boxes were placed in tobacco stores and saloons. The tips were collected monthly, and at the end of the year sold to snuff or smoking tobacco manufacturers. The system in time grew to extraordinary proportions, and hundreds of children in Germany are to-day fed and clothed through this simple agency. This "tip" collecting plan has been adopted in England where the proceeds are given to the hospitals, and in Denmark, where the "tips" help to sustain a charitable hospital in Copenhagen, and pay for the education and support of a number of poor girls until they are able to take care of themselves. It seems probable that the tips thrown away in this country, where there are said to be more cigars smoked than in all Europe together, could be collected and used for some good purpose. What could be collected in Cincinnati alone would doubtless support the Children's Home or some other of the charitable institutions of this city.—*Cincinnati Commercial.*

Vanderbilt's New Mansion.

It will be a good many months yet before Mr. W. H. Vanderbilt's magnificent mansion on Fifth avenue will be ready to occupy. All the work is so elaborate that even the least part of it takes a great deal of time. The exterior is neither as imposing nor attractive as one might expect to find it after reading any of the descriptions written up from the architect's plans. The flat surface of the walls gives the whole a rather dull look, which, at a short distance, is hardly relieved by the fine carvings and scroll work on various parts of the stone. As the stone itself is the common brown stone common to all parts of New York, there is nothing particularly striking in the outside effect. The building is, in fact, rather plain, much more so than they are on the adjoining block, which will be occupied by Mr. Vanderbilt's oldest son, and looks more substantial than ornate. In this respect it may be regarded as reflecting the owner's character, for Vanderbilt is not a showy man by any means, the worst thing about him being those rather stringy side whiskers which the comic artists make the most of in their cartoons. Whether Mr. Vanderbilt is particularly well fitted up inside or not this deponent is not prepared to say, but the inside of this new house certainly will be. No expense is to be spared in the fitting up and decorations, at all events. The smallest thing, as well as the largest must be the very best. An order was given the other day for silver-plated bath tubs. A nickel-plated bath tub is generally considered good enough for the ordinary millionaire, but when a man has a hundred millions to his name the wonder is, not that he must have a silver-plated tub to bathe in, but that he is satisfied with anything less than a gold one.—*N. Y. Letter.*

Doctors and Patients.

Speculative knowledge is, of course, good in itself, but the line between speculation and practice cannot be drawn absolutely. A Pasha who had lost an eye ordered a glass one, and had it fitted in, showing transports of joy; but when after a month's trial he found he could not see with it, he had the "ophthalmologist" bastinadoed and banished. Here there was a lack of "speculation" on the part of the Pasha. But the too well-known case of the Indian Prince and the seidlitz powders is doubtful. He first took the whole of the 12 blue powders dissolved in a punch-bowl, and then, not feeling much refreshed, took the 12 white ones also at one draught. It is a nice question whether speculation or practice was most wanted here, but it is certain that a portion of both is a good thing. It is notorious that the man who gives himself to the study of pathological books is apt to fancy he has all diseases at once or by turns, so much do "symptoms" resemble each other, or, in other words, so much is practice needed. The most experienced physician, when ill, goes to another physician—that is, trite—and the two experts may

UTAH CENTRAL RAILWAY

Time Table No. 1.
To Take Effect JULY 20th, 1881.

GOING SOUTH.										GOING NORTH.									
No. 7.	No. 5.	No. 3.	No. 1.	Distance.	Time.	No. 2.	No. 4.	No. 6.	No. 8.	No. 7.	No. 5.	No. 3.	No. 1.	Distance.	Time.	No. 2.	No. 4.	No. 6.	No. 8.
Freight.	Freight.	Freight.	Freight.	Miles.	Minutes.	Freight.	Freight.	Freight.	Freight.	Freight.	Freight.	Freight.	Freight.	Miles.	Minutes.	Freight.	Freight.	Freight.	Freight.
Ar. 3:30 pm	Ar. 4:00 pm	Ar. 4:30 pm	Ar. 5:00 pm	8	45	Ar. 5:30 pm	Ar. 6:00 pm	Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	16	45	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm
Ar. 4:30 pm	Ar. 5:00 pm	Ar. 5:30 pm	Ar. 6:00 pm	16	45	Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	24	45	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm
Ar. 5:30 pm	Ar. 6:00 pm	Ar. 6:30 pm	Ar. 7:00 pm	24	45	Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm	32	45	Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm
Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm	32	45	Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm	40	45	Ar. 12:30 pm	Ar. 1:00 pm	Ar. 1:30 pm	Ar. 2:00 pm
Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	40	45	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm	48	45	Ar. 1:30 pm	Ar. 2:00 pm	Ar. 2:30 pm	Ar. 3:00 pm
Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	48	45	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm	Ar. 1:30 pm	Ar. 2:00 pm	56	45	Ar. 2:30 pm	Ar. 3:00 pm	Ar. 3:30 pm	Ar. 4:00 pm
Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm	56	45	Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm	Ar. 1:30 pm	Ar. 2:00 pm	Ar. 2:30 pm	Ar. 3:00 pm	64	45	Ar. 3:30 pm	Ar. 4:00 pm	Ar. 4:30 pm	Ar. 5:00 pm
Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm	64	45	Ar. 12:30 pm	Ar. 1:00 pm	Ar. 1:30 pm	Ar. 2:00 pm	Ar. 2:30 pm	Ar. 3:00 pm	Ar. 3:30 pm	Ar. 4:00 pm	72	45	Ar. 4:30 pm	Ar. 5:00 pm	Ar. 5:30 pm	Ar. 6:00 pm
Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm	72	45	Ar. 1:30 pm	Ar. 2:00 pm	Ar. 2:30 pm	Ar. 3:00 pm	Ar. 3:30 pm	Ar. 4:00 pm	Ar. 4:30 pm	Ar. 5:00 pm	80	45	Ar. 5:30 pm	Ar. 6:00 pm	Ar. 6:30 pm	Ar. 7:00 pm
Ar. 12:30 pm	Ar. 1:00 pm	Ar. 1:30 pm	Ar. 2:00 pm	80	45	Ar. 2:30 pm	Ar. 3:00 pm	Ar. 3:30 pm	Ar. 4:00 pm	Ar. 4:30 pm	Ar. 5:00 pm	Ar. 5:30 pm	Ar. 6:00 pm	88	45	Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm
Ar. 1:30 pm	Ar. 2:00 pm	Ar. 2:30 pm	Ar. 3:00 pm	88	45	Ar. 3:30 pm	Ar. 4:00 pm	Ar. 4:30 pm	Ar. 5:00 pm	Ar. 5:30 pm	Ar. 6:00 pm	Ar. 6:30 pm	Ar. 7:00 pm	96	45	Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm
Ar. 2:30 pm	Ar. 3:00 pm	Ar. 3:30 pm	Ar. 4:00 pm	96	45	Ar. 4:30 pm	Ar. 5:00 pm	Ar. 5:30 pm	Ar. 6:00 pm	Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm	104	45	Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm
Ar. 3:30 pm	Ar. 4:00 pm	Ar. 4:30 pm	Ar. 5:00 pm	104	45	Ar. 5:30 pm	Ar. 6:00 pm	Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	112	45	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm
Ar. 4:30 pm	Ar. 5:00 pm	Ar. 5:30 pm	Ar. 6:00 pm	112	45	Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	120	45	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm
Ar. 5:30 pm	Ar. 6:00 pm	Ar. 6:30 pm	Ar. 7:00 pm	120	45	Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm	128	45	Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm
Ar. 6:30 pm	Ar. 7:00 pm	Ar. 7:30 pm	Ar. 8:00 pm	128	45	Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm	136	45	Ar. 12:30 pm	Ar. 1:00 pm	Ar. 1:30 pm	Ar. 2:00 pm
Ar. 7:30 pm	Ar. 8:00 pm	Ar. 8:30 pm	Ar. 9:00 pm	136	45	Ar. 9:30 pm	Ar. 10:00 pm	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm	144	45	Ar. 1:30 pm	Ar. 2:00 pm	Ar. 2:30 pm	Ar. 3:00 pm
Ar. 8:30 pm	Ar. 9:00 pm	Ar. 9:30 pm	Ar. 10:00 pm	144	45	Ar. 10:30 pm	Ar. 11:00 pm	Ar. 11:30 pm	Ar. 12:00 pm	Ar. 12:30 pm	Ar. 1:00 pm	Ar. 1:30 pm	Ar. 2:00 pm	152	45	Ar. 2:30 pm	Ar. 3:00 pm	Ar. 3:30 pm	Ar. 4:00 pm

Nos. 1, 2, 3 and 4, Passenger Trains, will be Run Daily. Nos. 5, 6, 7 and 8, Freight Trains, will be Run Daily, Sundays Excepted. Tickets issued on all Regular Trains from Ogden and Salt Lake City to Lake Shore, good only for Return Same Day, 50 cents Round Trip. JOHN SHARP, Gen'l Superintendent.

reasonably "argue" with each other. But the best thing the uninitiated patient can do is to get a good doctor, and then mind him. There are illustrative examples in favor of this principle. Mr. Gladstone, whose health and prospects of a vigorous old age were, in the spring of 1874, made the subject of a cheerful article in the *Lancet*, which gently rebuked him for talking of "my age," has more than justified the rebuke of his medical critic. He has shown not only staying power, but buoyancy. He had been betting ten to one, and praising the Burton also as peccatus, if not nectar. He had been twice very seriously laid by, and has more than pulled through. And we have all heard—some of us with surprise, sensible people without any—that he minds what the doctor says, is a strictly obedient patient. But there is a difference between Dickens treated unguaranteed prescriptions (of which he used to receive many hundreds) much as Lord Granville does, and he also minded his doctor. But there can be no doubt that he was a fractious patient, whose obedience was often but formal.—*The Spectator.*

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Leave Bingham at 2:30 p.m.

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Wasatch & Jordan Valley R.R.

Leave Sandy at 8:30 a.m.

Arrive at Alta at 12 noon.

Leave Alta at 1:45 p.m.

Arrive at Sandy at 3:45 p.m.

Utah & Pleasant Valley R. W.

Leave Provo at 12:30 p.m.

Arrive at Pleasant Valley at 7 p.m.

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Bluffs, passing through Joliet, Ottawa, La Salle,

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Liberty, Iowa City, Marquette, Brookfield, Keokuk,

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to Peoria, Wilton Junction to Macleota,

Centerville, Princeton, Trenton, Clinton, Des

Moines, Independence, Eldon, Ottumwa, Eddy-

ville, Okawville, Peoria, Monroe, and Des Moines;

St. Louis to Keokuk; Newton to Monroe; Des

Moines to Indianapolis and Winteret